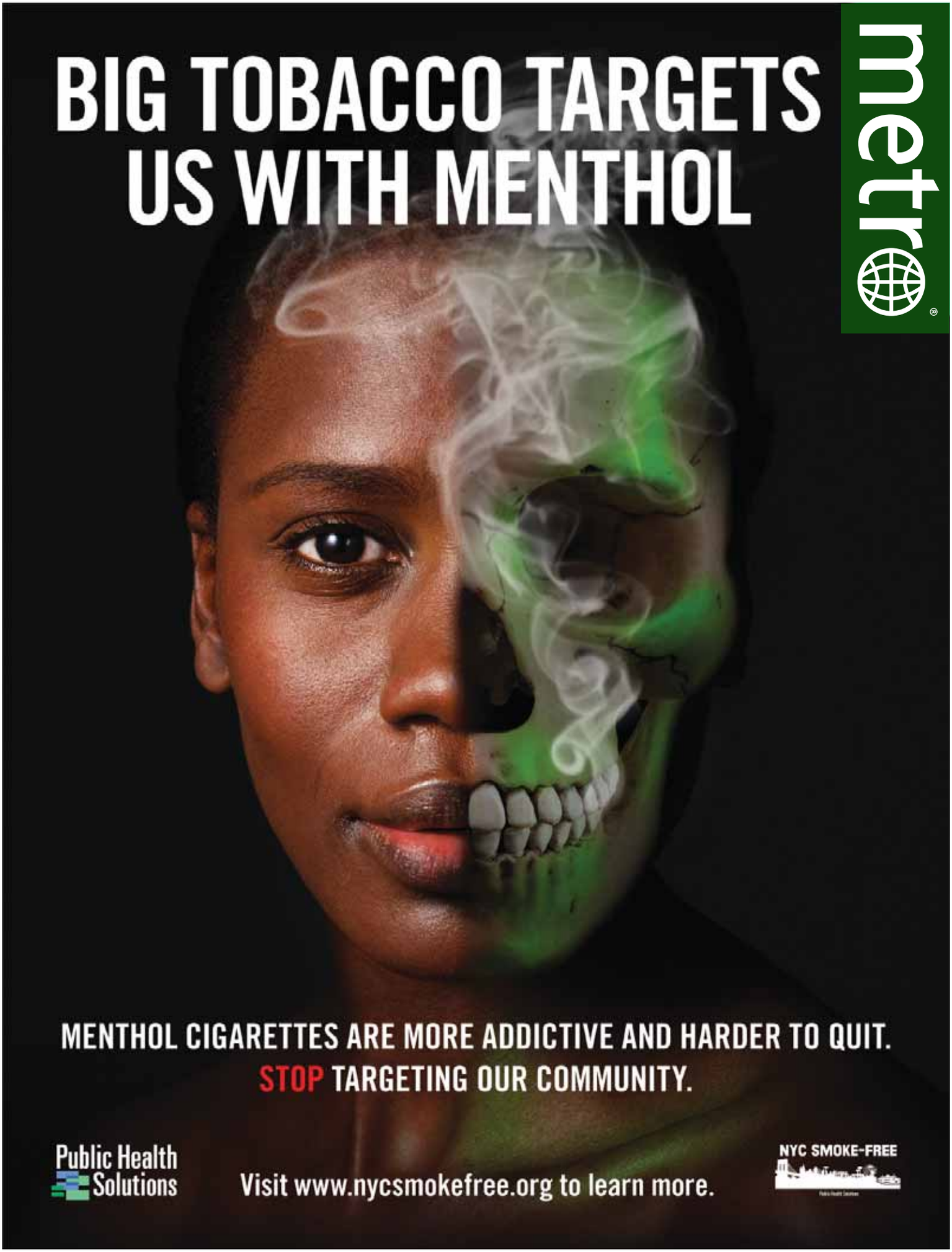
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Pittsburgh-based The Gotobeds create a 'post-punk mixtape.' 15

Mets hoping for a Thor-like performance from struggling Syndergaard tonight. 21

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MAKING IT 'PERSONAL'

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GETTY IMAGES

4 THINGS TO KNOW

Ohio twisters leave 1 dead, many hurt as Midwest preps for more

One twister hit Dayton and another touched near Wright-Patterson Air Force Base.

REUTERS

A spate of tornadoes pulverized buildings in western Ohio early on Tuesday, killing one person, injuring scores of others and requiring emergency officials to send out snowplows to clear debris from a major highway, officials and media reports said.

At least one tornado hit Dayton and at least two touched down near the city, including one near Wright-Patterson Air Force Base, just east of the city, media reports said, part of a series of storms that have ravaged the Midwest in recent days.

There was a risk of more tornadoes and hailstorms from Tuesday afternoon into the night in Kansas and other Midwest states, while residents in Arkansas and Oklahoma braced for more record-breaking floods, the National Weather Service (NWS) said.

Sue Taulbee, 71, was watching television in her bed in the Dayton suburb of Brookline when she heard the telltale sounds of an approaching twister.

"They say it's like a freight train: That's what I heard," she recalled on Tuesday afternoon. She hid at the foot of the bed. Flying debris smashed her window and she was soon trapped as her home collapsed around her.

> **"We've had injuries ranging from lacerations to bumps and bruises from folks being thrown around in their houses due to the storms."**
>
> **Elizabeth Long, Kettering Health Network**

"It was only a couple of minutes, but it seemed like an hour," she said as she sat in her yard, surrounded by her scattered possessions. "I just started screaming and my neighbors heard me and said, 'Sue! Sue! I hear you! We're coming! We're coming!'"

They pulled her out through a hole and brought her to a hospital to get a laceration on her head treated, she said.

At least one of the tornadoes reached wind speeds of 140 mph, the NWS said.

An 81-year-old man was killed in Celina, a small city 65 miles north of Dayton, after a tornado sent a vehicle crashing into his home, Celina Mayor Jeffrey Hazel said at a news conference on Tuesday. Another seven people were injured in the storm, three of them seriously, he said. About 40 homes in Celina were seriously damaged or destroyed, Hazel said.

At least 45 people in and around Dayton went to hospitals with injuries, most of them minor, according to Elizabeth Long, a spokeswoman for the Kettering Health Network.

"We've had injuries ranging from lacerations to bumps and bruises from folks being thrown around in their houses due to the storms," she said.

The latest storm follows tornadoes and floods that killed at least three people in Missouri and six people in Oklahoma during the previous week, including two people in El Reno on Saturday.

More than 65,000 homes and businesses in Ohio were left without power on Monday morning, according to the PowerOutage.US tracking service, and officials advised people to boil water after water plants and pumps went out of service.

Flooded areas of Arkansas and Oklahoma were bracing for more rain that will feed the already swollen Arkansas River, forecasters said on Tuesday. Up to 19 inches of rain have fallen so far in parts of Oklahoma over the month of May, the NWS said, with more on the way.

Arkansas, Oklahoma and Missouri all have activated National Guard units to respond to the storms. REUTERS

2 Belgian ex-king submits paternity test sample

Belgium's former king has submitted a DNA sample demanded from a woman who says she is his daughter after a court ordered him to pay $5,586 a day if he failed to do so. King Albert II, 84, agreed to submit a sample even though he is challenging at the supreme court a ruling that has resulted in him having to take a paternity test, lawyer Alain Berenboom said on Tuesday. "He noted that the court had decided that the conclusions of this examination would be strictly confidential until a new judicial decision," Berenboom said in a statement. The retired monarch, who abdicated six years ago in favor of his son Philippe, has been fighting the paternity claim of Belgian artist Delphine Boel, 51, for over a decade. His lawyers argue it is premature for him to take a paternity test while Boel still has a legal father, Jacques Boel, scion of one of Belgium's richest industrial dynasties. REUTERS

3 Zuckerberg snubs fuming Canadian lawmakers

Canadian lawmakers fumed on Tuesday when Facebook founder Mark Zuckerberg snubbed an invitation to Ottawa to testify on privacy and democracy before an international panel, slapping the billionaire with a standing summons. It was the second time in six months Zuckerberg and Chief Operating Office Sheryl Sandberg have failed to show up when invited to address a committee of international lawmakers investigating disinformation, privacy and how to protect democracy. Zuckerberg and Sandberg will be served with a formal summons should they "decide to come to Canada to go fishing," said Canada's Charlie Angus, a parliamentarian for the left-leaning New Democratic Party. "It's not good enough for them to blow us off." If the two do not comply, parliament could hold them in contempt, but it would be mainly a symbolic move. REUTERS

4 Brazil to send brutal gang leaders to federal prisons

Brazilian Justice Minister Sergio Moro said on Tuesday that the prison gang leaders responsible for killing 55 inmates in prisons across the northern city of Manaus will be moved to maximum-security federal jails. Speaking at an event in Portugal, Moro said the grisly spate of murders earlier this week were a result of a struggle between prison gangs, a major public security issue in Brazil, the country with the world's highest number of murders. "The information we have is that there was a conflict between criminal gangs inside the prisons, which can happen anywhere in the world — but shouldn't," he told reporters. At least 40 prisoners in Brazil were found strangled to death on Monday in four jails in the Amazon city, where a fight between rival gangs resulted in 15 dead the day before, authorities said. REUTERS

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De Blasio pushes for paid personal time for city workers

New York could be the first city to establish mandatory paid leave for workers.

NATE HOMAN
letters@metro.us

NYC CONSUMER AND WORKER PROTECTION | @NYCDCA

New York City Mayor Bill de Blasio is pushing for paid leave days for all workers in the Big Apple.

De Blasio touted Paid Personal Time as a signature piece of his State of the City address in January after the city found that roughly 900,000 New Yorkers currently lack a single paid day off. On Tuesday, City Council was expected to hear the bill. To drive support for the legislation, de Blasio spoke at a rally that was also attended by activist Gloria Steinem and city Public Advocate Jumaane Williams.

"Working people have been working longer and harder with very little to show for it," de Blasio said.

"Too many people in this city aren't guaranteed any time off — not a single day. That means choosing between earning a paycheck and your kid's dance recital, helping your parent move into a nursing home, or that vacation you've been saving for. That's not what New York City is about. Hardworking New Yorkers deserve more and we're going to ensure they get it."

The bill requires private employers with five or more employees or one or more domestic workers to offer 10 annual days of paid personal time, allowing employees to take paid time off for any purpose, including religious observances, bereavement and time with family.

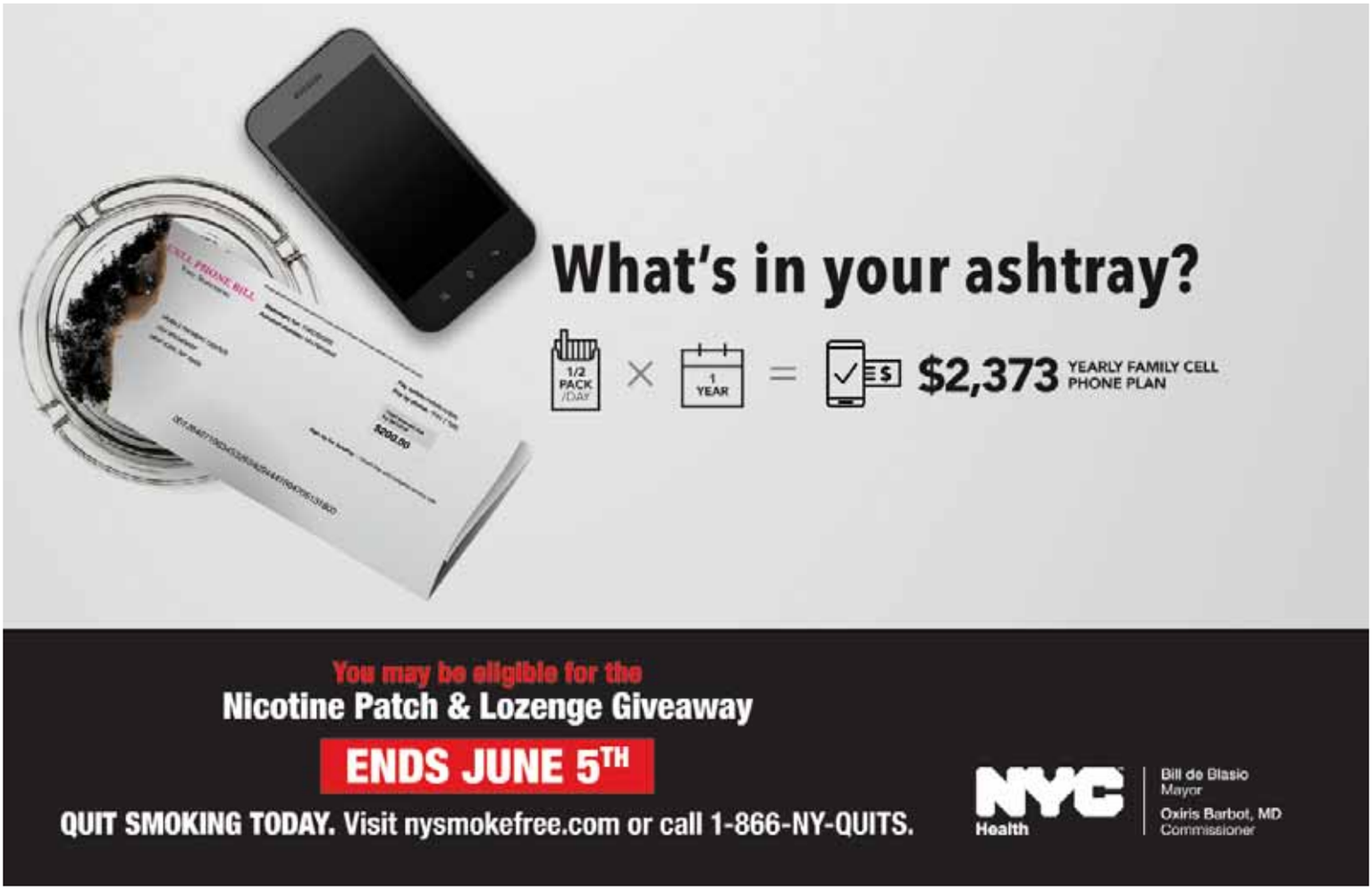
Employees would begin to accrue hours immediately after employment, earning one hour of paid personal time for every 30 hours worked. Workers would have access to these days off after 90 days of employment and after working at least 80 hours. Any unused paid personal time could be carried over to the following year for a total maximum of 10 days of paid personal time.

"All workers deserve to live their lives with dignity and respect," Department of Consumer and Worker Protection Commissioner Lorelei Salas said in a press release. "Workers deserve time to rest, spend time with family, or attend important life events without the fear of losing a day's pay or, worse, their job. Balance between work and personal life is critical to the overall health of New York City's economy and our ability to thrive."

Research has shown that paid time off helps increase productivity, strengthens families, helps prevent burnout and improves employee retention. The United States is the only industrialized nation that does not mandate any paid time off, including paid holidays. Nationally, 1 in 4 full-time, middle-income workers gets no paid time off at all.

NYC Paid Personal Time at a glance

- Anyone with a W-2 working for a business with five or more employees would be eligible.
- There are 1 million workers in NYC retail, food service, hotels and corporate offices who don't get paid time off.
- Since 1973, American workers' productivity has risen more than six times the rate of workers' wages.
- Paid Personal Time aims to give workers the chance to pursue self-care and happier lives.
- City officials cite economists' claim that productivity increases when workers have paid time off.



Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

NYC -If you suffer with knee arthritis pan, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the tai-state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: <u>There is no cure for arthritis.</u> But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementaiton treatments... doctors precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at ***NYC Pain MD*** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequncy Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequncy waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

<u>But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.</u>

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain

Advanced imaging allows doctors to successfully inject special lubricating gel directly into knee joint relieving pain
Failed treatment: Knee injection done without advanced imaging lubricating fluid completely misses the joint space

Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis t screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NYC Pain MD.*** If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: **for qualified candidates, insurances and Medicare often cover these treatments.**

NYC PAIN MD
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NYPD seeking Lyft passenger who attacked driver

A man attacked his Lyft driver on their way to Mount Sinai Hospital.

NATE HOMAN
letters@metro.us

A New York Lyft driver is considering a new career after a passenger attacked him in the middle of a ride.

NYPD are searching for a man who may go by the name "Georgie" after he was caught on camera beating on a Lyft driver as they drove through Queens. Dashboard camera footage from inside the car, which was submitted to NBC New York, shows a woman and a man get into Eduardo Madiedo's car, headed for Mount Sinai Hospital in Astoria.

In the video, the man in the back seat is visibly in some form of distress, lying down in the back, uttering painful groans, and eventually removing his shirt.

"Drive faster, please, man," he says.

As his irritation heightens, he demands that Madiedo speed up and weave through traffic. Madiedo tells the man that he can't go faster because of traffic.

"Well, I would have been in that right lane and found that hole right there," the suspect is heard saying. Madiedo replies, "Excuse me, man. If you're going to be disrespectful, I'll just pull over right now."

That comment apparently set the passenger off, and things got violent.

The video shows the shirtless man attacking Madiedo, reaching over the driver's seat and throwing a frenzy of punches and curses while they sit in traffic. The woman to the suspect's right tries in vain to stop the melee, shouting, "Oh my god, please stop. Georgie, oh my god."

The car stopped and the man got out. It seemed as if the ordeal was over, but "Georgie" decided he wasn't done beating on his driver. He is seen throwing punches through the open driver's side window before taking off. The woman is seen pursuing the man. Lyft announced that the suspect has been permanently banned from the service. Madiedo refused medical attention, and said he's unsure if he'll continue to drive for Lyft.

"I just felt, like, less than human almost," he told NBC. "I feel like I have to look for a new job or a new form of income."

No arrests have been made.

Screenshots of attack dashcam video footage.

IMAGES COURTESY DASHBOARD VIDEO

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How To Know If Hormonal Replacement Therapy Is Right For You.

When it comes to understanding hormones or how hormones affect our overall health, we often get confused or at times misguided with preconceived notions that our hormonal peek is only relevant to our daily lives at the peek of our youth and pubescent stage.

However, that limited notion is entirely outdated as more women and men are finding the need to understand and be in tune with their hormonal states to restore hormonal equilibrium for each important stage in life. Through years of study, both women and men alike experience a variety of menopausal symptoms (women) or andropause symptoms (men) that can include changes in fertility, aging, weight maintenance, sexual desire and function, dermatological influx, bone strength (Osteoporosis) and urological concerns.

To see that so many areas in your day to day health is dictated by something as simple as a hormonal deficiency poses the question that we at New York Medicine Doctors Center seek to ask and answer which is - What exactly is causing this deficiency? And most importantly, what can we do as a team working alongside our patient to integrate a treatment that is long lasting and realistic.

This is why we are committed to bringing our patients the most advanced time tested methods of hormonal optimization.
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Stormy Daniels speaks to media along with lawyer Michael Avenatti outside federal court in Manhattan. REUTERS

Avenatti pleads not guilty to ripping off Stormy Daniels

The Trump foe is accused of stealing about $300,000 from the porn star.

Lawyer Michael Avenatti pleaded not guilty on Tuesday to charges that he stole from porn star Stormy Daniels, the client who propelled him to fame as an outspoken adversary of President Donald Trump.

An attorney for Avenatti, public defender Sylvie Levine, entered the plea to charges of wire fraud and aggravated identity theft before U.S. Magistrate Judge James Cott in Manhattan. Cott ordered Avenatti released on a $300,000 bail bond, on condition that he notify authorities of any travel plans and have no contact with Daniels.

In an indictment made public last Wednesday, prosecutors in Manhattan accused Avenatti, 48, of stealing about $300,000 from Daniels to fund an extravagant lifestyle, including a Ferrari automobile, after helping her secure a book contract. The new charges came on top of two separate criminal cases Avenatti already faced.

The plea was followed by a brief hearing before U.S. District Judge Deborah Batts, who has been assigned to oversee the case for trial. Avenatti said at the hearing that he planned to retain a private lawyer.

"I just have not had an opportunity to finalize that arrangement yet," he said. After the hearing, Avenatti declined to comment on the case.

> **"I just have not had an opportunity to finalize that arrangement yet."**
>
> **Lawyer Michael Avenatti**

Daniels, whose real name is Stephanie Clifford, was paid $130,000 from Trump's former personal lawyer Michael Cohen shortly before the 2016 presidential election to keep quiet about an affair she said she had with Trump in 2006. The president has denied having had sex with Daniels.

Avenatti represented Daniels in lawsuits related to the hush money and later in negotiating a book deal.

Daniels' book "Full Disclosure" was published in October.

Prosecutors said Avenatti diverted two $148,750 installment payments from Daniels' $800,000 book advance by forging her signature in a letter to her literary agent and directing that the money be sent to his bank account.

Prosecutors said Avenatti eventually paid $148,750 to Daniels after obtaining the money from another source, but lied when she asked where the second payment was. Avenatti told Daniels the publisher "owes me a payment" and that he was "on it," prosecutors said.

Daniels has not received that payment, prosecutors said. She dropped Avenatti as her lawyer earlier this year.

Avenatti was arrested in March and charged by prosecutors in Manhattan with trying to extort more than $20 million from Nike Inc. by threatening to expose what he called its improper payments to recruits for college basketball teams it sponsored. He is expected to be arraigned on those charges in federal court in Manhattan later on Tuesday.

Nike has denied wrongdoing, and helped prosecutors before Avenatti's arrest. REUTERS

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

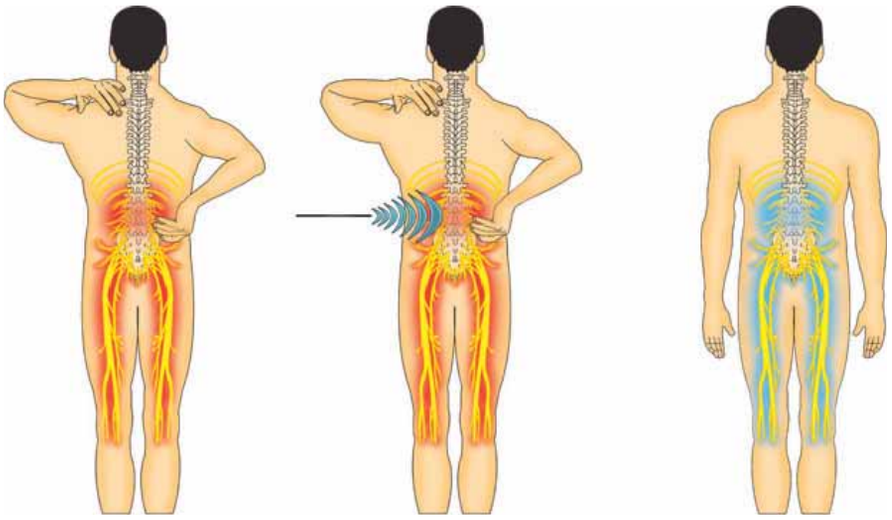
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

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Would it be worth it to be able to finally get a good nights sleep again?

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Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

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Amazon CEO Jeff Bezos (R) and his ex-wife MacKenzie Bezos. REUTERS

MacKenzie Bezos pledges half her Amazon fortune to charity

Bezos became the world's third-richest woman.

MacKenzie Bezos, the former wife of Amazon Chief Executive Officer Jeff Bezos, pledged on Tuesday to give half of her $36 billion fortune to charity, following a movement founded by billionaires Warren Buffett and Bill and Melinda Gates.

Bezos, whose former husband is the world's richest man, was one of 19 people on Tuesday to join the "Giving Pledge," a campaign announced in 2010 by Berkshire Hathaway Inc.'s Buffett and Microsoft Corp. co-founder Bill Gates. It calls for the super-rich to give away more than half their fortunes during their lifetimes or in their wills.

"In addition to whatever assets life has nurtured in me, I have a disproportionate amount of money to share," MacKenzie Bezos said in a statement dated Saturday. "My approach to philanthropy will continue to be thoughtful. It will take time and effort and care."

MacKenzie Bezos became the world's third-richest woman, according to Forbes magazine, acquiring a 4 percent stake in Amazon worth about $36 billion when she and Jeff Bezos announced their divorce settlement on April 4.

Jeff Bezos, whose net worth was estimated by Forbes at $131 billion this year, was quick to support his ex-wife's new philanthropic endeavor.

"MacKenzie is going to be amazing and thoughtful and effective at philanthropy, and I'm proud of her," he said on Twitter. "Her letter is so beautiful. Go get 'em MacKenzie."

Jeff Bezos, who tops the Forbes list of world billionaires, is not among the 204 wealthy "Giving Pledge" signatories from 23 countries who come from a wide range of fields, including finance, technology, health care and real estate development.

> **"I have a disproportionate amount of money to share. My approach to philanthropy will continue to be thoughtful. It will take time and effort and care."**
>
> **MacKenzie Bezos**

Other Forbes top 10 billionaires who have not joined the "Giving Pledge" are Bernard Arnault, head of French luxury goods conglomerate LVMH; Mexican telecommunications magnate Carlos Slim; European fashion retail mogul Amancio Ortega; and Google co-founder and Alphabet CEO Larry Page.

The pledge that signatories make is "a moral commitment to give, not a legal contract," the campaign said on its website. REUTERS

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Meredith sells Sports Illustrated to Authentic Brands to further digital push

Meredith Corporation's Lower Manhattan office. GETTY IMAGES

Media company Meredith Corp. said on Monday it has agreed to sell Sports Illustrated to U.S.-based entertainment company Authentic Brands Group LLC for $110 million, as it looks to scale its digital media business.

The companies also formed a strategic partnership to build a global media platform and develop broad-based licensing programs under the Sports Illustrated brand that will include product, original content and live events.

The purchase includes New York-headquartered Authentic Brands getting the intellectual property of the iconic magazine that will comprise Sports Illustrated, Sports Illustrated Kids, Sportsperson of the Year, Sports Illustrated Swimsuit, SI and SI TV, the companies said in a statement.

"As one of the most iconic brands in sports media, SI is a cultural centerpiece with massive opportunities for growth across its burgeoning digital, TV and social platforms and industry-leading print magazine," Authentic Brands Chief Executive Jamie Salter said in the statement.

Authentic Brands would take on the marketing, business development and licensing functions for the Sports Illustrated intellectual property and brand, which has over 120 million consumers, while the print magazine and SI.com would continue to function independently under Meredith and Editor-in-Chief Chris Stone and Publisher Danny Lee, the companies said.

Meredith National Media Group President Jon Werther said the company wants to fully integrate Sports Illustrated's print and digital products into Meredith's operations.

Meredith in turn will pay ABG a licensing fee to operate them for a minimum of two years.

Meredith, which acquired Sports Illustrated magazine as part of its $1.84 billion acquisition of Time Inc., had hired advisers to explore its sale along with considering options for Time, Fortune and Money magazines, as the company sees these titles as not playing to its core strength in women's magazines.

FanSided digital platform, which Meredith is currently in the process of selling, is not part of the deal, the statement added.

Houlihan Lokey acted as Meredith's financial adviser in the agreement.

REUTERS

Sports Illustrated Swimsuit cover model Camille Kostek holds an SI copy. GILBERT CARRASQUILLO/GC IMAGES

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Spelling Bee aces buzz through early rounds; some stung by stumpers

Several of the young competitors were eliminated by words like "horripilation."

Students compete in the opening rounds of the 92nd annual Scripps National Spelling Bee. REUTERS IMAGES

The Scripps National Spelling Bee got underway on Tuesday with most young spelling aces breezing through tricky words like "kentledge" but a few striking out on stumpers like "horripilation."

Some 562 youngsters age 7 to 15 faced off at the start of the tournament that offers a $50,000 cash jackpot. The competition concludes on Thursday with an ESPN telecast.

"My brain is dripping out my ears," said Erin Howard, 14, of Huntsville, Alabama, who has been studying for roughly 25 hours a week since March to compete in her fourth and final year before she ages out of the national bee.

"There's definitely a lot of pressure to do well," said Howard, who advanced to the next round by correctly spelling the word "oyez," a call given by a court officer to command silence and attention.

"I don't really care about the money. I just enjoy the words and being onstage and hanging out with the spellers," she said.

Brody Krause, 10, of Thornton, Colorado, didn't fare as well, departing the stage after misspelling "parochialism."

"I'm extremely disappointed," said Krause, competing for the first time at the tournament, which began in 1925.

Krause noted he spent his own money on a dictionary to prepare for the bee, which this year drew spelling aces from all 50 states, U.S. territories and six other countries including the Bahamas, Canada, Ghana, Jamaica, Japan and South Korea.

"I'm just so proud of him," said his mother, Suzette Krause, 50, fighting back tears. "It's hard as a mama. I don't want to make him hate spelling."

The event takes place at the Gaylord National Resort and Convention Center in Oxon Hill, Maryland.

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Students yawning during the early morning start of the second round of the Scripps National Spelling Bee.

line version of the Merriam-Webster Dictionary is the official source of bee words, said bee spokeswoman Valerie Miller. That includes "horripilation," which is the bristling of hairs on the skin, and "kentledge," which is scrap metal used as ballast in a nautical vessel.

Under 2019 tournament rules, if no single winner emerges in the final round, the top prize may be split by co-winners, which has occurred six times in its history, or even tri-winners, which has never happened, said Miller.

Co-champs would split a total of the $50,000 first-place prize plus the $25,000 second-place prize. Tri-champs would split a total of $75,000 plus the $15,000 third-place prize, Miller said. REUTERS

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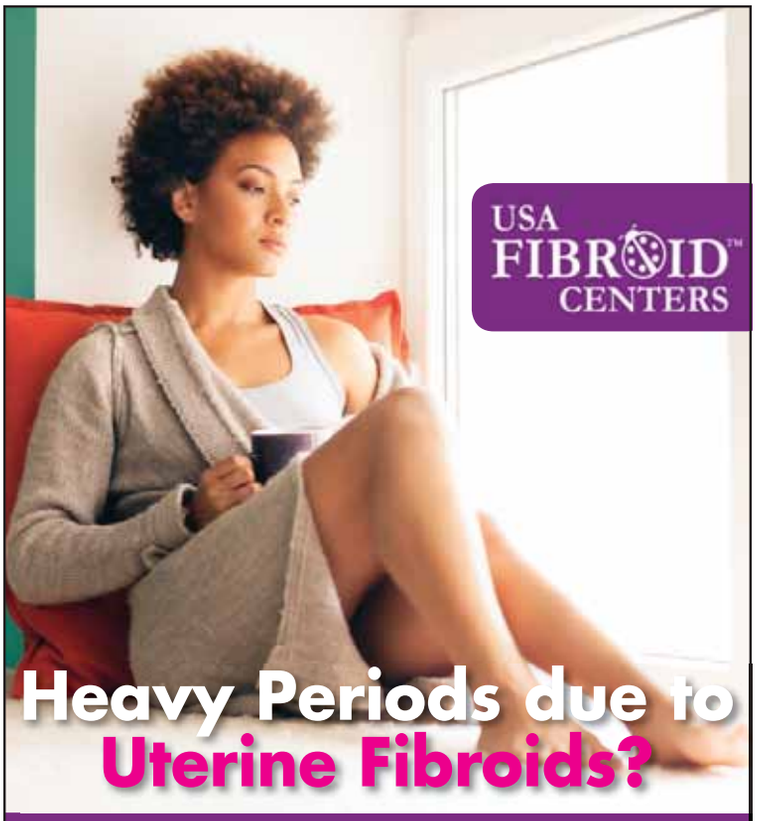

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6		4		3	2			
		8	4	7	6	2		
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		8						3

HARD

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	5		7				3	8
7				1			4	
		4					5	2
8	2					6		
	9			6				4
5	1				2		6	
			8		3	2		

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— **B. Cole**, *Metro US reader (and advocate for respecting personal space)*

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Aries The lessons of experience coupled with newfound information will help you reach your goal. Strive for perfection and pay close attention to detail. When in doubt, ask for help.

Taurus Call on someone you know and trust for good advice. Getting a second opinion will put your mind at ease and help you move forward with your plans. Romance is highlighted.

Gemini Call in a favor if it will help you get things done. An opportunity is only worth your while if it is useful. Don't buy into something that isn't necessary.

Cancer Emotions will emerge quickly if you feel someone is taking advantage of you. Try not to overreact or get into a dispute when you should just walk away.

Leo Staying active will help alleviate stress. Greater involvement in something satisfying or beneficial will help you maintain a positive attitude. Be intelligent when dealing with troublemakers.

Virgo Get involved in something that will improve your standard of living, health or the way you present yourself to the world. Don't overthink what needs to be done.

Libra Pick up information that will help you make good decisions. Confusion while traveling can be expected and should be countered with preparation.

Scorpio Take an active role in whatever you do. Partnering with someone who shares your ideas will help you reach your goal without a hitch. Romance will improve your life.

Sagittarius Rearrange things at home and clear a space for entertainment or a hobby you want to start. Communication will help bring you closer to a loved one.

Capricorn Make a change for the right reason, not because of an emotional incident or argument. Do what's right and best, not what feeds your ego. Choose peace and love over discord.

Aquarius Make changes at home that will add to your comfort. Don't feel you must keep up with the neighbors or someone who is prompting you to do something that is risky or unpredictable.

Pisces The personal changes you make should be made for your own reasons, not because someone else is pressuring you to make them. Moderation will be instrumental in alleviating stress. EUGENIA LAST

The Gotobeds make the perfect post-punk mixtape on 'Debt Begins at 30'

The Pittsburgh band enlisted a cast of indie-rock guest singers for their fantastic new record.

PAT KING
patrick.king@metro.us

Pittsburgh band The Gotobeds have been pounding eardrums with their brand of haywire post-punk since their debut, "People Are Revolting," back in 2014. Their tight, scrappy songs and fun-loving, devil-may-care mischievous live shows have made them a favorite on the scene for years, and with their newest record, "Debt Begins at 30," out this Friday on Sub Pop, the band has invited some pretty high-profile friends to join the party.

With a slew of grade A-pedigree indie-rock guest singers such as Joe Casey of Protomartyr, Bob Nastanovich of Pavement, Tim Midyett of Chicago indie-rock legends Silkworm, Victoria Ruiz of Downtown Boys, and an arsenal of other great voices and musicians, the band has created the indie-rock equivalent of a hip-hop mixtape. The songs flow in and out with a large cast of characters coming in and out to add to the narrative in meaningful ways that never wear out their welcome.

"As the guy that gets things done in the band, the reason you're talking to me instead of the other dudes," says lead singer and guitarist Eli Kasar, of the ambitious undertaking of the new record. "At one point we're at practice and I remember somebody had said, 'We all like rap. Why don't we make a record like a rap record where every song has a guest?' It's like a mixtape. It's a Gotobeds record, but we're going to have these people on it. So we were like, 'Good idea!' Then, no joke, I'm starting to think of perfect guests and I would suggest people. I would say it wasn't until we got to the third or fourth guest, I was just giving the guys a heads-up [saying], 'Hey, I have to pay an engineer $200 to record someone's vocals.' Then Cary [Belback], our drummer, was like, 'For what?' I was like, 'For their guest spot.' He was like, 'Who all is on the record?' So I started rattling some names off. He was like, 'Oh, are we doing that?' I'm the wrong person to suggest something to because if I think you're game to do it, I'm going to do it to the best of my ability. It kind of happened in not a joke way, but we fell into it I guess."

While the band has enlisted help from some heavy hitters to add color to the record, Kasan is amazed at how organically it all came together. Each guest agreed to be a part of the project out of sheer admiration and respect for one of the most exciting bands around.

"Although it might seem like starf—ing, I will say the people that are on the record are people that we have met and interacted with, were already talking and hanging out with us," says Kasan. "I don't think there was anybody that wasn't a friend or a fan already."

The title of the record is a play on the 1980 documentary on the Pittsburgh punk scene by artist and filmmaker Stephanie Beroes, "Debt Begins at 20." But as the band was writing material for the album, Kasan found that while it would be nice to be in on the reference, the lyrical themes of taking on debt while chasing artistic pursuits could stand on their own.

SHAWN BRACKBILL

"It was a somewhat joke for us as we get older. It does get harder. We're certainly not taking this [playing in the band] as a career. We don't make any moves with that stuff in mind. It's cool that people could get the reference, but it could stand on its own. We're indebted to our friends who helped us make this record. We're indebted to our partners who put up for us being gone for long stretches. We're also in financial debt [laughs]."

"Debt Begins at 30" by The Gotobeds comes out this Friday, May 31.

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CHLOÉ MACHILLOT, MWN

Thanks to the abundant supply of ingredients and recipes that are now available on the internet and in specialty supermarkets, the "do it yourself" trend has invaded the world of cosmetics. More and more people are advocating for the return of natural and homemade products, motivated by the goal of a healthier and more economical lifestyle. Who says you have to pollute to be beautiful?

"Handmade cosmetics have been in fashion for the last two years, probably thanks to all the blogs that promote a natural and minimalist daily life," Andréanne Laurin, executive director and co-founder of the Montreal-based chain of organic zero-waste grocery stores dubbed LOCO, explained to Metro. "We see it in our stores: Customers demand more and more raw materials to make their own products, as well as tips and recipes."

This movement, also known as natural cosmetics, promotes ecological beauty based on natural ingredients, such as vegetable oils, floral waters, clays and essential oils. Therefore, it has an impact on several trendy lifestyles: zero-waste, veganism and local consumption among them.

"Everyone is benefiting. And that explains the success," Mariane Gaudreau, co-founder of the eco-responsible blog Les Trappeuses de Montreal, founded in 2014, stated.

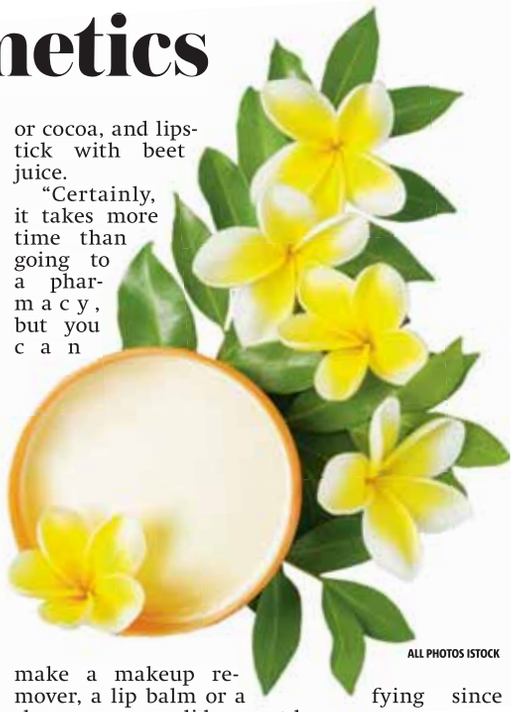
The practice requires a small basic investment since most of the products could be used to make several cosmetics. Gaudreau recommends starting with ingredients that have multiple properties, such as coconut oil (antibacterial), shea butter (moisturizing), baking soda (antiseptic) and a trio of "absolute" essential oils: lavender, peppermint and tea tree.

Some people even manage to create mascara, colored with coal or cocoa, and lipstick with beet juice.

"Certainly, it takes more time than going to a pharmacy, but you can make a makeup remover, a lip balm or a shampoo — a solid solution for a very small investment compared to the price of the store," Laurin added.

Although the adventure could seem scary for some people, it always ends up satisfying since there are many advantages.

"Whether it is a small mixture or a complex preparation, it is always a great satisfaction to have done it by yourself," Gaudreau concluded.



ALL PHOTOS ISTOCK

Some precautions

- **Control the expiration date of the products.** "Homemade cosmetics are made with fresh ingredients and without preservatives. You have to get used to keeping them in the fridge and smelling them before using," Mariane Gaudreau suggested.
- **Avoid contact with water.** "Water is naturally a source of bacteria. If you take cream from a jar with wet fingers, for example, you can have a bad surprise the next time you use it!"
- **Comply with the contraindications of essential oils.** "They are composed of powerful active ingredients and potentially harmful for children, pregnant or breastfeeding women," the expert emphasized.

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Total digital life: Do we only know how to communicate from behind a screen?

Don't blame your smartphone for your loneliness—but how did it become your most important relationship?

LUZ LANCHEROS
MWN
letters@metro.us

Gilles Lipovetsky, a French philosopher and one of the most notable scholars of postmodernism, in 2012, was consulted how the ways of communicating and relating were changing because of the Internet. Three main ideas arise from his answer: the Internet will not help you overcome that feeling of emptiness, social networks are only a tool to escape from reality and that no, nothing surpasses it.

A fulfilled prophecy? Or a deaf one? In a world where many have become rich thanks to the Internet, where younger generations are entirely digital children, where they see in overexposure a way of reaffirming themselves in the world, creating an identity and as a bonus, breaking through in life. So much so that it is less important for many what may happen to an actor who is little exposed to them to what happens, for example, between two of their favorite YouTubers. Jeffree Star vs. James Charles and their recent fight has generated more interest and relevance in this dimension than a respected celebrity that barely has digital presence.

It is very easy to blame the younger generations. Especially when many of them prefer chatting to actually talking, according to studies that started in 2014 in countries like England and Spain,

ISTOCK

which made their last one with an age group between 14 to 24. But Generation Z and those that come after them are not the only hyper-connected ones. A study by Hootsuite last year revealed that 3.1 billion people use social networks and according to a report published in 2017 by Phil Longstreet, 210 million people may be addicted to constantly monitoring their notifications (although no serious global institution has officially classified this as an addiction).

But changes have come quickly, although many are the result of prior processes: work, real estate, retirement precariousness due to major economic crises and precariousness of the global labor market. The rise of single-parent families or changes to the traditional family nucleus. Change in the traditional work structure and also of aspirations. And also shift in relationships: more impersonal, less made to create lasting bonds. Technology and the 4.0 industry has supplied everything from entertainment, to food and sex.

"It seems that now it is much easier to be in the virtual world, which is a world that we can control better than the real one. If you post something that you find funny (but that someone else may not), you can just write down 'hahaha' and get away with it. On social networks, it is easier to build an image and maintain it as you like. Jiraldin Charaf, Master's Degree in clinical and family psychology and professor of the virtual psychology program of the Fundación Universitaria del Área Andina, explained to Metro.

Charaf stated, as well, how the virtual world has been configured to be a comfortable enough bubble that no one wants to leave (including entertainment services, food and even sex with sites like Tinder).

And not just that: Mr. Hyde comes out from behind the screen a lot easier. Trolls, bullying, harassment. Online violence. There are cinematic dystopias that tell these realities. "Her," by Spike Jonze, or "The Congress," with Robin Wright's own image stolen to hide her flaws in real life and remain as the ideal movie actress. According to Catherine Archer, researcher and specialist in Social Media, from Murdoch University, Australia: "The issue relies on how we handle it."

And above all, to be aware that there is still a world outside.

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Bjork's 'Cornucopia' is a truly mesmerizing call to action

We caught the Icelandic singer during her monthlong residency at the Shed.

PAT KING
patrick.king@metro.us

SANTIAGO FELIPE

This past month, the boundary-pushing Icelandic singer Bjork partnered with renowned film director Lucrecia Martel for a brand-new, multimedium performance in the newly opened Hudson Yards venue, the Shed. "Cornucopia," the new 100-minute performance, is a spectacle like no other, showcasing one of the great artists of the past 30 years at the height of her creative powers. Metro was on hand for the performance last Saturday to witness it firsthand.

Much like Bjork herself, the Shed feels like it just materialized out of thin air rather than having anything to do with any sort of human intervention. Located within Hudson Yards, the newly opened arts and performance space caters to installations that cross the divide between different mediums. Bjork's "Cornucopia" was billed as the first exhibit for the space to set the tone for some of the ambitious work to follow. In fact, this show in particular has been described as Bjork's "most elaborate stage show yet." For such a constantly evolving artist, this could have been taken as a warning for those going in: Prepare to have your minds blown.

As the seats in the large black theater began to fill up in their multitiered and ascending formation, a soft yet loud female voice silenced those shuffling in. "Bjork's 'Cornucopia' is about to start," the voice announced, and reminded the audience that the artist would like them to turn off their phones and refrain from taking photos and videos in order to not distract her from performing, but also so that they could experience the piece for what it is: an audiovisual journey.

The lights within the theater remained on as a group of young, well-dressed children filed in at the foot of the stage. With some of their faces obscured by animal-like masks, the Hamrahlid Choir ran through a few lengthy and dramatic selections at the direction of their conductor, Thorgerdur Ingolfsdottir.

Once their performance had concluded, the lights went down within the theater and all eyes were glued forward in anticipation. The stage, covered in long, shimmering hanging tassels, was lit up with bright images of animated part-human, part-plant creatures with a brief mission statement on the importance of creating a "utopia" where the lines are blurred between nature and the various species of the world, and that the Paris climate agreement was the first step our planet could take to getting on the right track.

Soon after, Bjork took the stage behind these illuminated curtains. Clad in a costume that resembled two eggs stacked on top of each other with a mask that connected to a giant circular wig, as soon as her voice entered her microphone you could tell that the sound-treating detail that went into the construction of the venue was nothing short of groundbreaking. Backed by six female flutists, a harpist, and two multi-instrumentalists, on a stage that resembled an iceberg, she performed a large selection of her fantastic 2018 album "Utopia," with every small sound behind her rich and expressive weapon of a voice finding a new place in the mix to surround each audience member in a truly one-of-a-kind audio landscape. Never a stranger to innovation, one of Bjork's instrumentalists even rigged a microphone to pick up the sound of pouring water as he scooped it out of a container and let it flow back in.

Throughout the performance, the wall of reflecting tassels that dressed the stage would retract and reappear to create new dimensions for projected images as Bjork and her army of flutists danced jubilantly in unison.

During her performance of the "Utopia" standout "Blissing Me," Bjork was joined onstage by the artist Serpentwithteeth for a reimagining of the song. For another reworking later in the evening, the young choir reappeared to treat the audience to an outstanding rendition of the song "Pagan Poetry" from the 2002 classic, "Vespertine." Once the main set had concluded, the audience was given a message from the young Swedish environmental activist Greta Thunberg. In her address, projected onto the tassels, Thunberg warned the audience of complacency during our current environmental emergency, advising: "Until you start focusing on what needs to be done rather than what is politically possible, there is no hope. If the solutions in this system are so impossible to find, then maybe we should change the system itself."

After the address, Bjork reappeared in a new bright, feathered costume to illustrate the hatching of the eggs of her previous wardrobe selection. The artist introduced her band, as well as the choir, and performed two more selections, "Future Forever" from "Utopia" and the "Vulnicura" epic "Notget," with the powerful ending meditation: "Love will keep us safe from death."

Bjork's "Cornucopia" will be back at the Shed for one final performance this Saturday, June 1.

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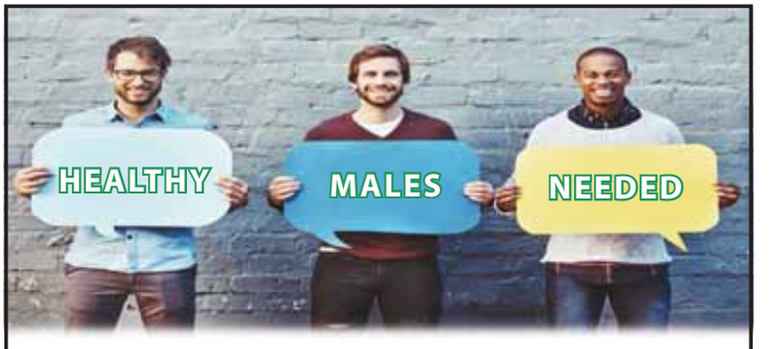

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Bill Buckner died on Monday at 69 years old after a battle with dementia. GETTY IMAGES

BILL BUCKNER'S LEGACY A REMINDER OF BASEBALL'S CRUELTY

PANTORNO'S PERCH

JOE PANTORNO
@JoePantorno

With all the good that comes with being a professional athlete; the money, the fame, the chance to play a sport for a living, there comes its fair share of harrowing drawbacks.

In baseball, the game's nearly two-century tale has been dotted with the stories of misfortunes and mistakes that have sullied the names of consummate professionals.

It's a tale as old as the game as the majors, itself.

In 1908, New York Giants rookie, Fred Merkle's base-running error, titled "Merkle's Boner," in which he failed to touch second base on what would have been a game-winning hit by Al Bridwell in late September turned out to cost his team the National League pennant. The Chicago Cubs won the makeup game and the NL crown by a single game.

Merkle went on to play parts of 16 seasons in the majors, amassing over 1,500 hits and making five trips to the World Series.

Yet he was saddled with the unfair nickname of "Bonehead" for the rest of his days.

"I wish I'd never gotten that hit that set off the whole Merkle incident," Bridwell said later in his life. "I wish I'd struck out instead. If I'd have done that, I would have spared Fred a lot of unfair humiliation."

There have been countless instances where one play defines the careers of many players. Mickey Owen dropped the third strike of the final out in Game 4 of the 1941 World Series against the Yankees, who held a 2-1 series lead over the Brooklyn Dodgers.

The Yankees would go on to win the game and take the series in five.

Despite being a four-time All-Star in 13 MLB seasons, the catcher's 2005 obituary on ESPN was titled: "Mickey Owen, best known for dropped third strike in '41 World Series, dies."

Sports are cruel.

And in baseball, like any other competition, we sometimes must look past a play or two to get to the core of a player's legacy.

That brings us to Bill Buckner, whom the baseball world lost on Monday at 69 years old after a battle with dementia.

Upon hearing his name, a majority of baseball fans will think back to that one fateful moment — a slow roller off the bat of Mookie Wilson — in Game 6 of the 1986 World Series against the New York Mets.

That will be as far as I'll get into that play, even though Buckner himself was always gracious in defeat and was the epitome of a good sport throughout countless celebrations that followed over the decades.

If you don't know much else about this play, read a book.

While fans will continue to harp on that single play, Buckner is rightfully being celebrated as one of the finest players of his generation. Even though he never received a call to Cooperstown.

The California native put together a 22-year career from 1969-1990 in which he played for the Los Angeles Dodgers, Chicago Cubs, Boston Red Sox, California Angels, and Kansas City Royals.

Only 34 other players in MLB history played in four different decades.

With a .289 career batting average won a batting title in 1980 with the Cubs, posting a career-best .324 mark.

He led the league in doubles twice, finished in the top-20 in MVP voting four times and compiled 2,715 career hits.

Only 65 major leaguers have recorded more hits than Buckner including Lou Gehrig, who had just six more.

And there was so much more.

He was the Dodgers' left fielder desperately climbing the fence at Atlanta-Fulton County Stadium in April of 1974 as he watched Hank Aaron's 715th-career home run sail well over the wall.

He collected seven RBI in a 1979 game against the Philadelphia Phillies at Wrigley Field in which the Cubs lost 23-22.

He was an All-Star in 1981.

He was one of just five players (Rod Carew, Al Oliver, Pete Rose, Steve Garvey) in Major League Baseball to have a .300 average or better from 1972-1982.

It's not just a single play that defines a career. It's so much more.

Especially when Buckner handled all the hatred and vitriol thrown his way by Red Sox fans 33 years ago with such grace.

And much like Bridwell lamented his part in a notorious baseball moment that plagued Merkle for the rest of his days, Wilson echoed similar sentiments on Monday.

"I was saddened to hear about Bill's death. We had developed a friendship that lasted well over 30 years," Wilson said. "I felt badly for some of the things he went through. Bill was a great, great baseball player whose legacy should not be defined by one play."

There's the rub when it comes to sports stardom.

Struggling Syndergaard takes hill tonight

The Mets righty has struggled mightily this season.

JOE PANTORNO
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Something is wrong with New York Mets starting pitcher Noah Syndergaard.

And it all seems to be stemming from his head.

The 26-year-old fireballer continues to fail to live up to such high expectations created four years ago.

After showing flashes of pure dominance in 2016 and briefly in 2017 with a 2.65 ERA and 5.48 strikeout-to-walk ratio in 37 starts, injuries helped throw quite the wrench into his development.

Syndergaard started just seven games in 2017 before a torn lat sidelined him. He started 25 games last season while battling a finger injury and viral issues where he still managed to go 13-4 with a 3.03 ERA.

Yet something still seemed off about Syndergaard as he did not resemble the overwhelmingly powerful ace that was going to carry the Mets rotation alongside Jacob deGrom for years to come.

Syndergaard's stuff was suddenly hittable and his put-'em-away capabilities seemed stunted. His walks, hits per innings pitched (WHIP) from 2016-17 raised from 1.136 to 1.212 last year while his strikeouts per nine innings dropped from 10.6 to 9.0.

It's been an even more difficult start to 2019 as Syndergaard is 3-4 with a 4.93 ERA entering tonight's start against the powerful Los Angeles Dodgers.

His 1.255 WHIP and 9.3 hits per nine innings are on pace for career-worsts while the 10 home runs allowed in 11 starts is just one fewer than he gave up in 30 starts in 2017.

Friday night against the Detroit Tigers was his worst outing of the season as he was throttled for six runs on 10 hits in 5.1 innings of work in the Mets' only loss of a seven-game homestand.

It was a dud of a performance following two sterling outings against the Washington Nationals and Miami Marlins in which he allowed just four runs on nine hits in a combined 15 innings of work.

Mets manager Mickey Callaway referenced some mechanical issues that could be plaguing the right-hander.

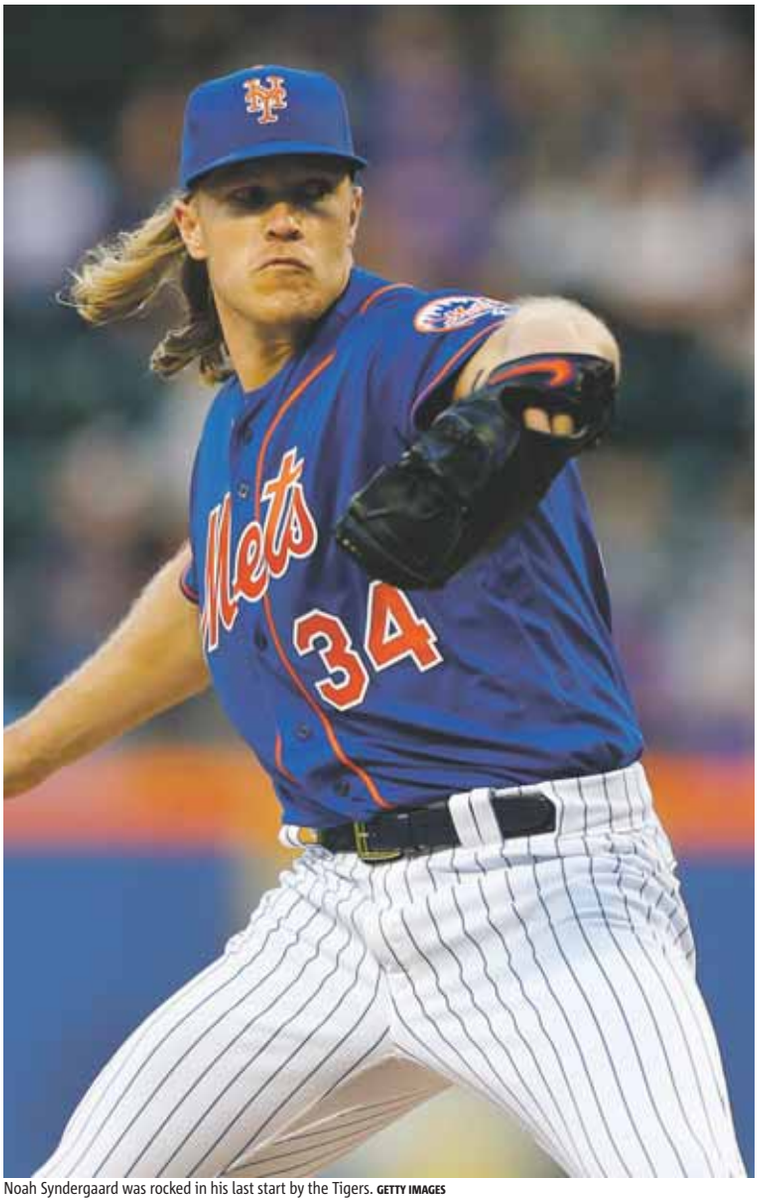
"Pitching's really freaking annoying sometimes," Syndergaard said after his loss to the Tigers. "It kind of reminds me of my golf swing a little bit. One day you go out there and you feel like you have it figured out, then you go out there the next day and feel like you're just repeating yourself but not getting the results you want."

Yet Syndergaard's worrisome trends have been popping up far too often for it to just be mechanics.

We all know that he can throw hard but it's becoming clear that he doesn't necessarily know how to manage those starts when things start going wrong.

Most major leaguers can hit 100-mile-per-hour fastballs. It's movement, cunning, and the right combination of pitches that allows a pitcher to take that next step in the pros.

Syndergaard just isn't finding it right now. That's only going to continue hurting the Mets as they continue to try and scrap their way back toward .500.



Noah Syndergaard was rocked in his last start by the Tigers. GETTY IMAGES

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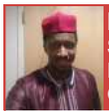

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LEGAL NOTICES

SUPREME COURT
COUNTY OF QUEENS
U.S. BANK TRUST, N.A. AS TRUSTEE FOR LSF9, Plaintiff against LEE-BOON KOH WONG A/K/A LEE BOOK K. WONG; LEONG WONG, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale entered on March 20, 2019. I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y on the 28th day of June, 2019 at 10:00 a.m. premises described as follows:
All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York.
Said premises known as 211-06 46th Road, Bayside, N.Y. 11361 (Block: 7325, Lot: 4).
Approximate amount of lien $ 467,417.00 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale.
Index No. 709410-15.
Dennis S. Cappello, Esq., Referee.
Stern & Eisenberg, PC
Attorney(s) for Plaintiff
Woodbridge Corporate Plaza
485 B Route 1 South – Suite 330
Iselin, NJ 08830
(732) 582-6344
For sale information, please visit www.auction.com or call 800-280-2832

NOTICE IS HEREBY GIVEN that a license, Number 1318139, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 161-19 Crocheron Ave. Flushing, NY 11358. Queens County, for on-premises consumption. Cherry's NYC Party Club LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer, Wine & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 101-19 37th Ave., Corona, NY 11368. Queens County, for on premises consumption. El Sabor Azogueno Corp.

NOTICE IS HEREBY GIVEN that a license, Serial # 1318245, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 446 Park Place, Brooklyn, NY 11238. Kings County, for on premise consumption. Corner 660 LLC.

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GAMES

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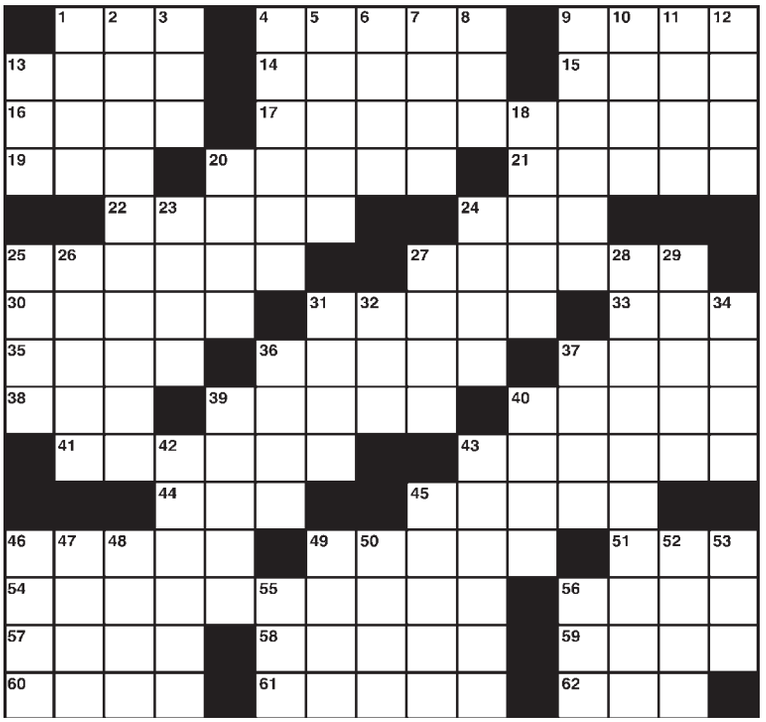
ACROSS

1 La __; Bolivia's seat of government
4 Customary practice
9 End-of-the-work-week cry
13 __ oneself; work steadily
14 "...knick-knack, paddy-whack, give a dog __..."
15 Donut's center
16 Uncle Ben's specialty
17 Defenseless
19 Vaudevillian Olsen
20 Sits for a spell
21 Haywire
22 Wright Bros. invention
24 __ and all; everybody
25 Engines
27 Univ. of Arizona's home
30 Ticked off
31 Freshwater fish
33 Auction offer
35 Captures
36 One of Jacob's 12 sons
37 Pesky insect
38 "__ Be Home for Christmas"
39 __ Wetsy; doll of past decades
40 Like a ripe peach
41 Deodorant brand
43 Door hanger's pieces
44 1950s school dance
45 With 58 Across, "Designing Women" actress
46 VP Spiro __
49 Beach souvenir
51 None __ soon; just in time
54 Writer's college major, perhaps
56 Obey
57 Williams or Griffith
58 See 45 Across
59 Courageous
60 Rod and __; fishing gear
61 Toothpaste brand
62 Not __ more; no longer

DOWN

1 Bucket
2 Good enough
3 26th of 26
4 Refuges
5 Mistreat
6 Leave suddenly
7 Hotels
8 Golfer's peg
9 Longest river entirely in England
10 Mongolian desert
11 Problems
12 Commissions
13 In favor of
18 Dressing choice
20 Seldom seen
23 Parking areas
24 Elbow bumper's cry
25 Skirt style
26 Graduate exams, perhaps
27 Cafeteria patron's item
28 Duty
29 Female relative
31 Play miniature golf
32 Harris & Marinaro
34 "Eight __ a Week"; Beatles hit
36 Army vehicle
37 "Mr. Candid Camera"
39 Hair color
40 Mrs. Joe Biden
42 Tiegs or Ladd
43 Protective headgear
45 Classroom furnishings
46 Not quite closed
47 No longer here
48 Unclothed
49 Insulting remark
50 Bring on board
52 "Beauty is __ skin-deep"
53 Peculiar
55 CBS rival
56 Grad. degree



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F	I	T	Z	G	E	R	A	L	D
E	I	K	C	A	J	Y	A	B	S
F	T	N	E	D	I	S	E	R	P
R	Y	R	T	T	T	Z	J	I	R
R	A	D	C	H	C	O	G	P	O
W	J	L	E	O	H	S	H	E	C
H	F	U	L	N	U	Q	S	A	X
Z	K	D	E	X	N	X	D	C	F
H	C	E	E	P	S	E	I	E	H
C	O	U	N	T	R	Y	K	Y	Y

Bay
Cold
Corps
Country
Elect
Fitzgerald
Jackie
JFK
John
Kennedy
Peace
Pigs
President
Speech
War

metro.us/wander

Category: Scientist

	N	E	H
A	H	E	P
W	K	T	S
	I	N	G

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	7						5	
	3		1		7			4
	4	9	8		3	2		
3	6		5	7				
9		4	6		1	8		7
				4	8		6	5
		7	3		6	5	1	
6			7		9		3	
	8						9	

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A	S	I	A			M	O	L	E		B	L	O	B
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O	N	T	H	E		S	I	D	E	L	I	N	E	S
S	K	I		P	I	E			R	O	D	E	N	T
		M	O	A	N	S			N	A	G			
T	R	I	V	I	A			S	I	N	E	W	S	
R	I	D	E	R		S	P	I	T	S		E	A	T
A	S	A	N		T	A	R	R	Y		J	A	N	E
P	E	T		J	O	N	E	S		C	O	T	T	A
	R	E	C	U	R	S			L	E	T	H	A	L
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S	C	A	R	C	E			A	T	E		R	V	S
C	A	R	P	E	N	T	E	R		A	D	M	I	T
O	N	C	E		T	O	A	D		L	E	A	S	E
T	E	S	T		S	P	R	Y			S	N	A	P

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